



**West Hartford-Bloomfield Health District**  
**FREE Diabetes Self-Management Workshops, Spring 2020**  
**3 CHOICES (Day and Evening)**

The Diabetes Self-Management workshops are for individuals with type 2 diabetes who are newly diagnosed or who may need a refresher. Topics covered include meal planning, eating out, label reading, glucose monitoring and target blood glucose levels, medications, exercising safely and much more! The sessions are interactive, so bring your questions!

**The three, seven-week workshops will take place at:**

- **Prosser Public Library**, 1 Tunxis Avenue, Bloomfield:  
**Thursdays, 10:30 AM-12:30 PM, March 5, 12, 19 and 26, April 2, 9, and 16, 2020** - *April 30 will be a snow day, if needed.*
- **Elmwood Community Center**, 1106 New Britain Avenue, West Hartford: **Tuesdays, 1:00 PM-3:00 PM, March 31, April 7, 14, 21 and 28, May 5 and 19, 2020.** *There is no class on May 12.*
- **Hartford Health Care Medical Group**, 445 South Main Street, West Hartford: **Tuesdays, 6:00 PM-8:00 PM, March 31, April 7, 14, 21 and 28, May 5 and 19, 2020.** *There is no class on May 12.*  
You do not need to be a patient to attend the workshop at Hartford Health Care.

*Please join Registered Dietitian and Certified Diabetes Educator, Paula Kellogg Leibovitz and register today online, or by calling the West Hartford-Bloomfield Health District at 860-561-7595. Pre-registration is required.*